New Sequence

Corta Capim Spin into QDR Rotational Push Up

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This sequence of Floreio movements is comprised by two movements we have previously explored:

Corta Capim Spin

Corta Capim Spin

QDR Rotational Push Ups Advanced

QDR Rotational Push Ups Intermidiate & Advanced

Combining those movements into one small Floreio piece produces a beautiful flow of movement, this is only the beginning, many more interesting possibilities lies ahead of us in our Floreio exploration.

After a full Corta Capim Spin, place both arms down on the floor and lower your upper body into QDR position, sideways. The straight leg shouldn't touch the floor, but 'sweep' the other leg into the QDR Rotational Push Up movement and back into squat. This 'Sweep' produces the beauty in this sequence. Work it hard until you get the timing and control right.
The secret is the **timing of the transition**, and achieving a good control of both movements **separately first**.

Strength and Conditioning - Gymnast's Extended Set

Today we are going to use a training system popularized by Charles Poliquin - The Gymnast's Extended Set. This is a pulling routine which is comprised by a couple of Pull Up variations performed one after the other with little rest in between, and going from the most difficult variation to the easiest one - from a biomechanical advantage perspective.

You start in a **wide grip pull up** (pronated grip - pinkies facing out) and perform as many reps as possible, stop one rep before failure. Use a wide grip and make sure you go from complete lockout of the elbows to middle of the throat to the bar, or even better, chest touching the bar. The descent of each repetition should be controlled and take at least 3 seconds. (not 1,2,3 as most of you count, but 1-missisippi, 2-missisippi, 3-missisippi)

Rest 10 seconds.

Perform as many reps as possible using **shoulder width pull ups**, (pronated grip - pinkies facing out) again, 3 seconds each descend, middle of the throat/chest to the bar and complete lockout at the bottom of each rep.

Rest 10 seconds.

Perform as many reps as possible using **shoulder width chin ups**, (supinated grip - pinkies facing inside) again, 3 seconds each descend, middle of the throat/chest to the bar and complete lockout at the bottom of each rep.

Rest 10 seconds.

Perform as many reps as possible using **close grip chin ups**, (supinated grip - pinkies facing inside) again, 3 seconds each descend, middle of the throat/chest to the bar and complete lockout at the bottom of each rep.

Rest 180 seconds and repeat for the desired number of sets.

This pulling routine is great for our goals, to balance all the pushing motions we are using in our Floreio workouts, in a short, compact and effective manner.
If you cannot do more than 5 wide grip pull ups, I advice you to work one of the four chin/pull up variations above, for sets of as many reps as possible, one rep before failure, performed for sets, instead of the Gymnast's Extended Set - which is a more advanced training routine.
Choose a chin/pull up variation that allows you to perform 4-6 reps.

Workout - beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 10-20 sec X 3 sets / 45-60 sec of rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Corta Capim Spin X 14 reps / 3 sets / 60 sec of rest

Strength
E1. Chin/pull up variation for as many reps as possible, stop one rep before failure / rest 180 sec repeat for 3 sets

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest

Workout - Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 20-30 sec X 3 sets / 45-60 sec of rest

Floreio
C1. QDR Rotational Push Ups -Beginner variation or QDR Rotational Push Ups -Advanced variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Corta Capim Spin X 14 reps / 3 sets / 45 sec of rest

Strength
E1. Chin/pull up variation for as many reps as possible, stop one rep before failure / rest 180 sec repeat for 3 sets

or
E1. Gymnast's Extended Set / rest 180 sec / 3 sets

Prehab
F1. Shoulder ROM and Stabilization routine X 1 set
F2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest

Workout - Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Handstand Body Line Wall Drill X 30 sec
B2. Handstand Straighten Into Line X 45 sec total work
Complete 2 cycles of B1-B2, resting 60 sec between exercises

Floreio
C1. Corta Capim Spin into QDR Rotational Push Up 10 reps / rest 60 sec / 5 sets

Strength
D1. Gymnast's Extended Set / rest 180 sec / 3 sets

Prehab
E1. Shoulder ROM and Stabilization routine X 1 set
E2. Scapula Mobilization Routine X 1 set
Complete 2 subsequent supersets of F1-F2 no rest